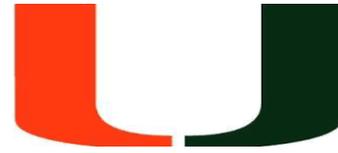


Effects of COVID on Parenting & Mental Health: What can you do to support families?

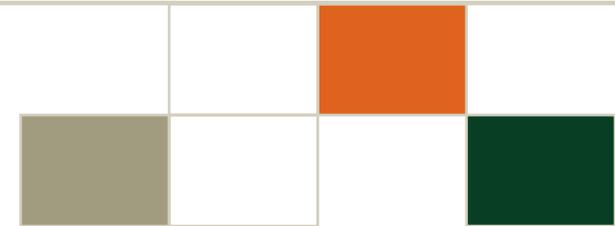


Presenter: Ivette Cejas, PhD

Co-Authors: Chrisanda Sanchez, AuD & Jennifer Coto, PhD

Department of Otolaryngology
University Of Miami

3/3/21



Learning Objectives

1

Describe the impact of COVID-19 on parent mental health and parenting

2

Discuss the benefits and role of a psychologist as part of an early intervention or audiology team

3

List screening measures to assess for mental health concerns in children & families



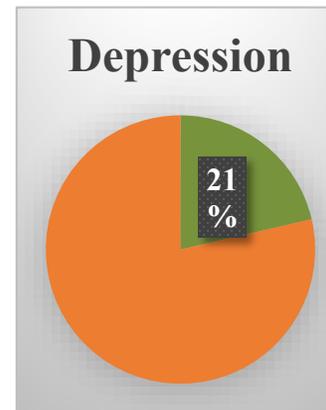
Mental Health & Hearing Loss

- Children with hearing loss exhibit more behavioral and attentional difficulties compared to hearing children (Barker et al., 2009)
- Higher rates of depression and anxiety in adolescents with hearing loss (Cejas et al., in press)

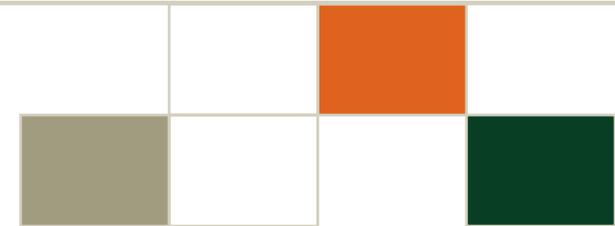
Prevalence of Depression and Anxiety in Adolescents With Hearing Loss

*Ivette Cejas, *Jennifer Coto, *Chrisanda Sanchez, *Meredith Holcomb, and †Nicole E. Lorenzo

**Department of Otolaryngology, University of Miami, Miami, Florida; and †Department of Human Development and Quantitative Methodology, University of Maryland, College Park, Maryland*



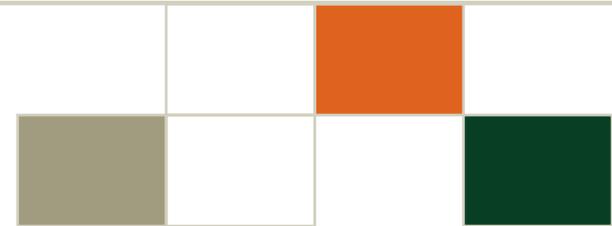
- Parents report higher levels of stress and are less sensitive when interacting with their child (Quittner et al., 2010)

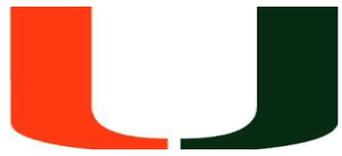


COVID-19 Pandemic: Impact of Stress

- Over 50% of adults in the US report elevated concerns regarding their mental health
- 18% of COVID-19 patients developed a mental health issue within 3 months of diagnosis (Taquet et al., 2020)
 - Double the risk compared to people who didn't have COVID-19
- Negative impact of COVID
 - Feelings of fear, anger, sadness, worry, numbness, or frustration
 - Changes in appetite, energy, desires, and interests
 - Difficulty concentrating and making decisions
 - Difficulty sleeping
 - Physical reactions
 - Headaches, body aches, stomach problems, and skin rashes
 - Worsening of chronic health and mental health conditions
 - Increased use of tobacco, alcohol, and other substances

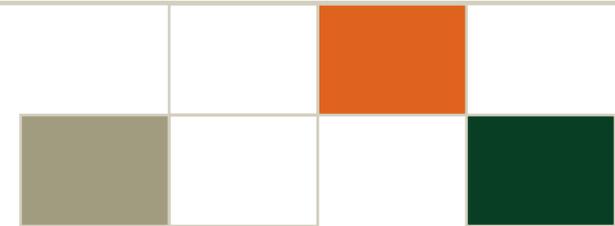
What about the
DHH population?





COVID Parent Survey

- All families in the Children's Hearing Program listserv were invited to participate
 - Qualtrics (platform to distribute web-based surveys)
- Measures
 - Generalized Anxiety Disorder (GAD-7)
 - Patient Health Questionnaire (PHQ-8)
 - Impact of Events Scale – Revised (IES-R)
 - COVID-19 Exposure and Family Impact Survey (CEFIS)
 - Alabama Parenting Questionnaire (APQ)
 - Parenting Stress Index (PSI)



Generalized Anxiety Disorder



Generalized Anxiety Disorder

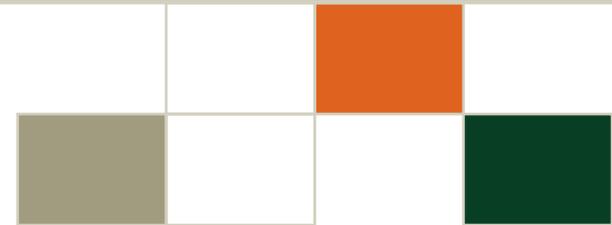


Average onset at 8.5 years



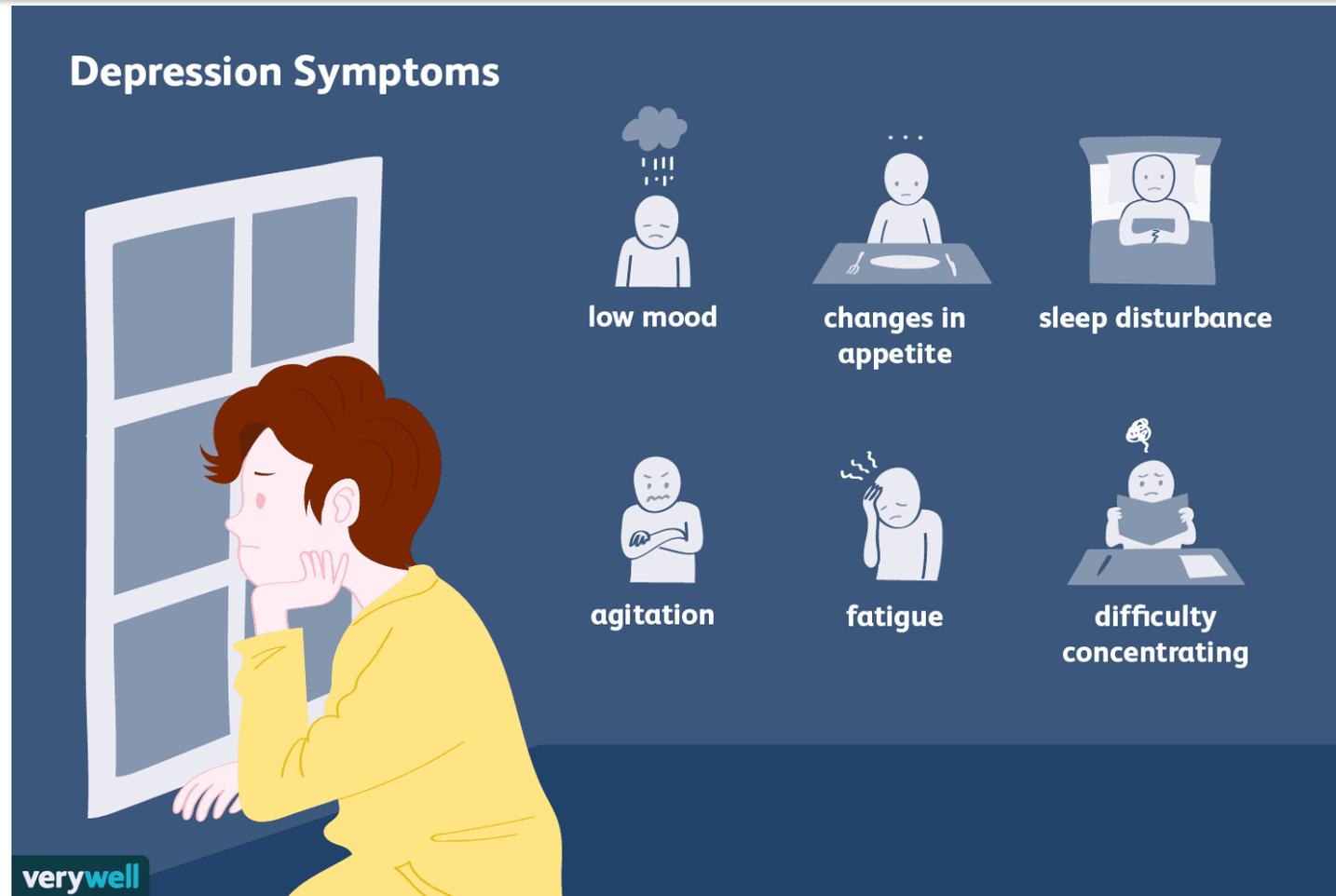
More common in girls

<https://dsm.psychiatryonline.org/doi/10.1176>



What is Depression?

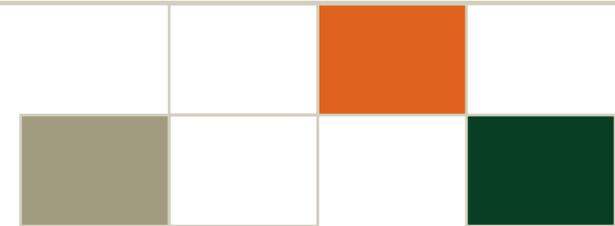
Depression Symptoms



The image shows a person with brown hair, wearing a yellow shirt, sitting and looking out a window. To the right of the person are six icons, each with a label below it, representing common symptoms of depression. The icons are: a person with a sad face and rain clouds above their head; a person sitting at a table with a plate of food; a person in bed looking at a clock; a person with a frustrated expression and crossed arms; a person holding their head in their hand; and a person sitting at a desk reading a book with a thought bubble above their head.

- low mood
- changes in appetite
- sleep disturbance
- agitation
- fatigue
- difficulty concentrating

verywell



Depression: Manifestation



Depression typically starts to manifest around adolescence or later into adulthood



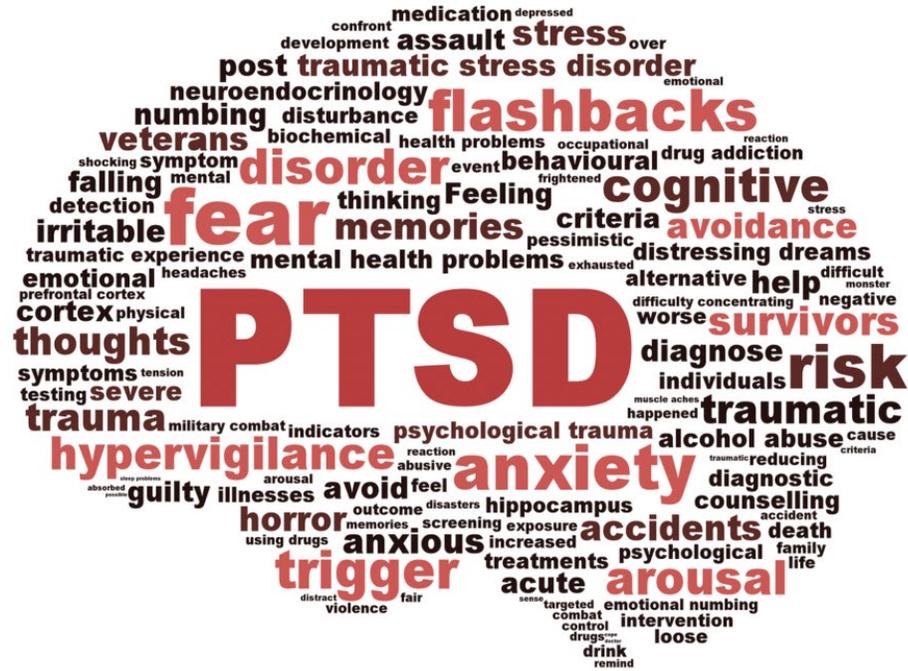
Depression is more common in females

Before puberty, males and females have similar levels of depression

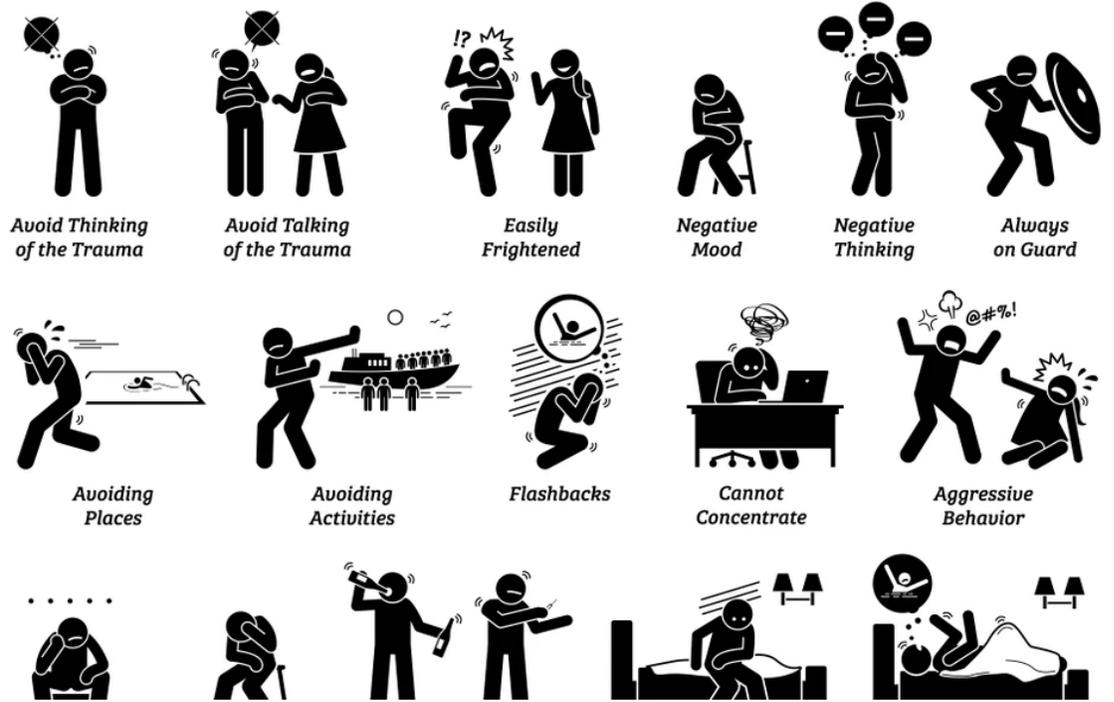


Children who have been teased, isolated or maltreated are more likely to be depressed

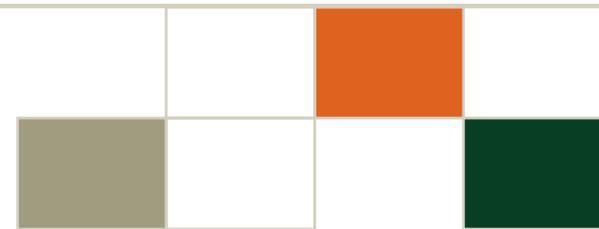
What is Post-traumatic Stress Disorder?



Post-Traumatic Stress Disorder (PTSD)



Newstartrecoveryolutions.com



PTSD: Manifestation



7 - 8 out of every 100 people will experience PTSD at some point in their lives



Women are more likely to develop PTSD than men



Not everyone with PTSD has been through a dangerous event. Some people develop PTSD after a friend or family member experiences danger or harm. The sudden, unexpected death of a loved one can also lead to PTSD.

Generalized Anxiety Disorder 7 (GAD-7)

- Measures anxiety on a 4-point Likert scale
- 7 Questions

GAD-7				
Over the <u>last 2 weeks</u> , how often have you been bothered by the following problems? <i>(Use "✓" to indicate your answer)</i>	Not at all	Several days	More than half the days	Nearly every day
1. Feeling nervous, anxious or on edge	0	1	2	3
2. Not being able to stop or control worrying	0	1	2	3
3. Worrying too much about different things	0	1	2	3
4. Trouble relaxing	0	1	2	3
5. Being so restless that it is hard to sit still	0	1	2	3
6. Becoming easily annoyed or irritable	0	1	2	3
7. Feeling afraid as if something awful might happen	0	1	2	3

(For office coding: Total Score T___ = ___ + ___ + ___)

Spitzer et al., 1996



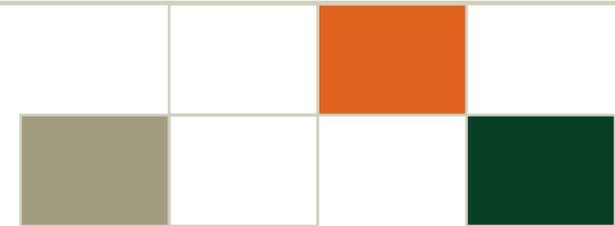
Patient Health Questionnaire-8 (PHQ 8)

Over the <i>last 2 weeks</i> , how often have you been bothered by any of the following problems?	PHQ-8	Not at all	Several days	More than half the days	Nearly every day
	BFRSS conversion	0 - 1 day	2 - 6 days	7 - 11 days	12 - 14 days
1. Little interest or pleasure in doing things		0	1	2	3
2. Feeling down, depressed, or hopeless		0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much		0	1	2	3
4. Feeling tired or having little energy		0	1	2	3
5. Poor appetite or overeating		0	1	2	3
6. Feeling bad about yourself—or that you are a failure or have let yourself or your family down		0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television		0	1	2	3
8. Moving or speaking so slowly that other people could have noticed. Or the opposite—being so fidgety or restless that you have been moving around a lot more than usual		0	1	2	3

Interpretation of Total Score/Total Score Depression Severity: 0–4 None, 5–9 Mild depression, 10–14 Moderate depression, 15–19 moderately severe depression, 20–24 severe depression.

- Measures depression on a 4-point Likert scale
- 8 Questions

Kroenke et al., 2001



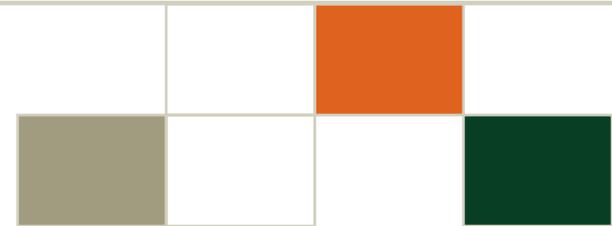
Impact of Event Scale-Revised (IES-R)

The Intrusion subscale is the MEAN item response of items 1, 2, 3, 6, 9, 14, 16, 20. Thus, scores can range from 0 through 4.
The Avoidance subscale is the MEAN item response of items 5, 7, 8, 11, 12, 13, 17, 22. Thus, scores can range from 0 through 4.
The Hyperarousal subscale is the MEAN item response of items 4, 10, 15, 18, 19, 21. Thus, scores can range from 0 through 4.

- | | |
|--|--|
| <ol style="list-style-type: none">1. Any reminder brought back feelings about it.2. I had trouble staying asleep.3. Other things kept making me think about it.4. I felt irritable and angry.5. I avoided letting myself get upset when I thought about it or was reminded of it.6. I thought about it when I didn't mean to.7. I felt as if it hadn't happened or wasn't real.8. I stayed away from reminders of it.9. Pictures about it popped into my mind.10. I was jumpy and easily startled.11. I tried not to think about it.12. I was aware that I still had a lot of feelings about it, but I didn't deal with them. | <ol style="list-style-type: none">13. My feelings about it were kind of numb.14. I found myself acting or feeling like I was back at that time.15. I had trouble falling asleep.16. I had waves of strong feelings about it.17. I tried to remove it from my memory.18. I had trouble concentrating.19. Reminders of it caused me to have physical reactions, such as sweating, trouble breathing, nausea, or a pounding heart.20. I had dreams about it.21. I felt watchful and on-guard.22. I tried not to talk about it. |
|--|--|

- Measures symptoms of post-traumatic stress disorder (PTSD)
- 22 Questions
- 5-point Likert scale

Weiss & Marmar, 1997



COVID-19 Exposure and Family Impact Survey (CEFIS)

Part 1. Please answer Yes or No for each of the following statements.

1. We had a “stay at home” order Yes No
2. Our schools / child care centers were closed Yes No
3. Our child/ren’s education was disrupted Yes No
4. We were unable to visit or care for a family member Yes No

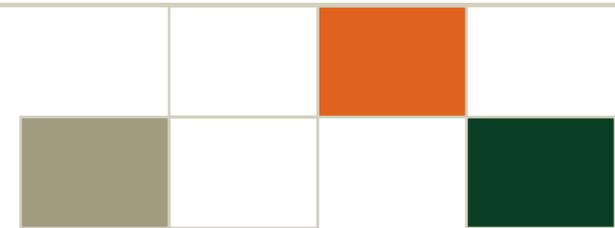
Part 2. COVID-19 may have many impacts on you and your family life. In general how has the COVID-19 pandemic affected each of the following?

26. Parenting

- | | | | |
|----------------------|-------------------------|------------------------|---------------------|
| 1 | 2 | 3 | 4 |
| Made it a lot better | Made it a little better | Made it a little worse | Made it a lot worse |

- Assesses exposure & impact of COVID-19 pandemic on the family
- 37 Questions and one open-ended question

Kazak et al., 2020

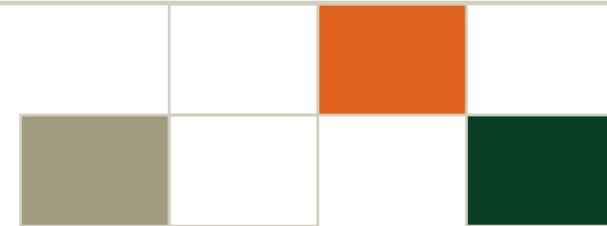


Alabama Parenting Questionnaire (APQ)

	Never	Almost Never	Sometimes	Often	Always
1. You have a friendly talk with your child.	1	2	3	4	5
2. You let your child know when he/she is doing a good job with something.	1	2	3	4	5
3. You threaten to punish your child and then do not actually punish him/her.	1	2	3	4	5

- Measures 5 dimensions of parenting
 - Involvement
 - Positive Parenting
 - Poor Monitoring/Supervision
 - Inconsistent Discipline
 - Punishment
- 42 Questions

Shelton et al., 1996



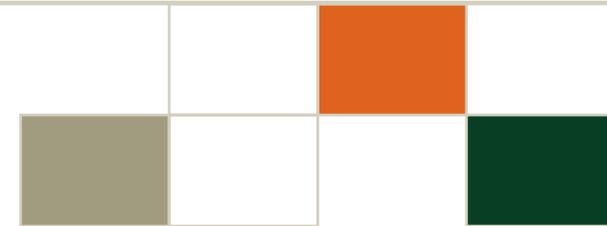
Parenting Stress Index-4 (PSI-4)

Read each statement carefully. For each statement, please pick the response that best represents your opinion. While you may not find a response that exactly states your feelings, please choose the response that comes closest to describing how you feel. Your first reaction to each question should be your answer.

	Strongly agree	Agree	Not sure	Disagree	Strongly Disagree
1. I often have the feeling that I cannot handle things very well.	<input type="radio"/>				
2. I find myself giving up more on my life to meet my children's needs than I ever expected.	<input type="radio"/>				
3. I feel trapped by my responsibilities as a parent.	<input type="radio"/>				
4. Since having this child, I have been unable to do new and different things.	<input type="radio"/>				
5. Since having a child, I feel that I am almost never able to do things that I like to do.	<input type="radio"/>				

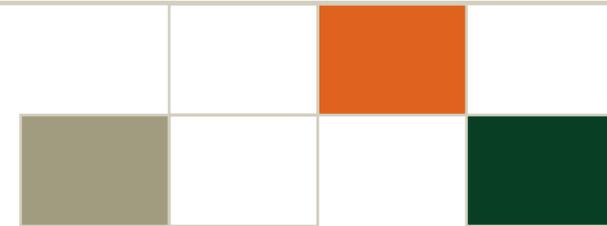
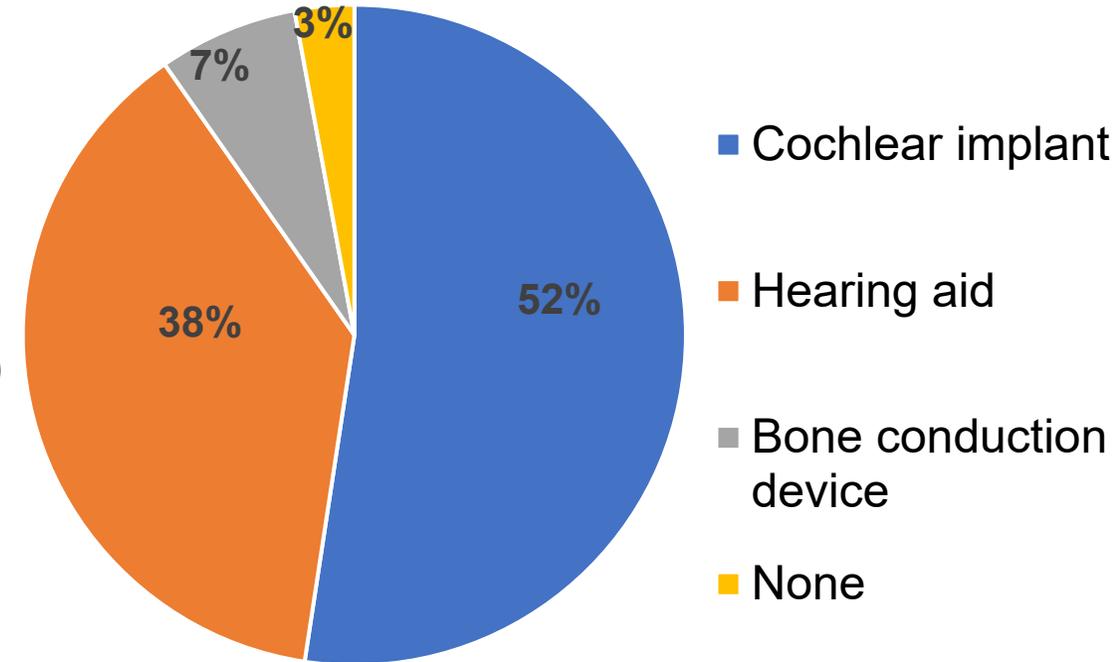
- Measures parenting stress in 3 domains
 - Parent-Child Dysfunctional Interaction
 - Parental Distress
 - Difficult Child
- 36 Questions

Abidin et al., 1995

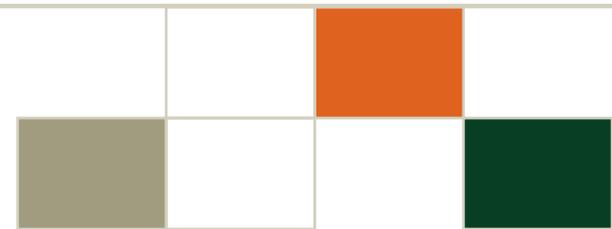
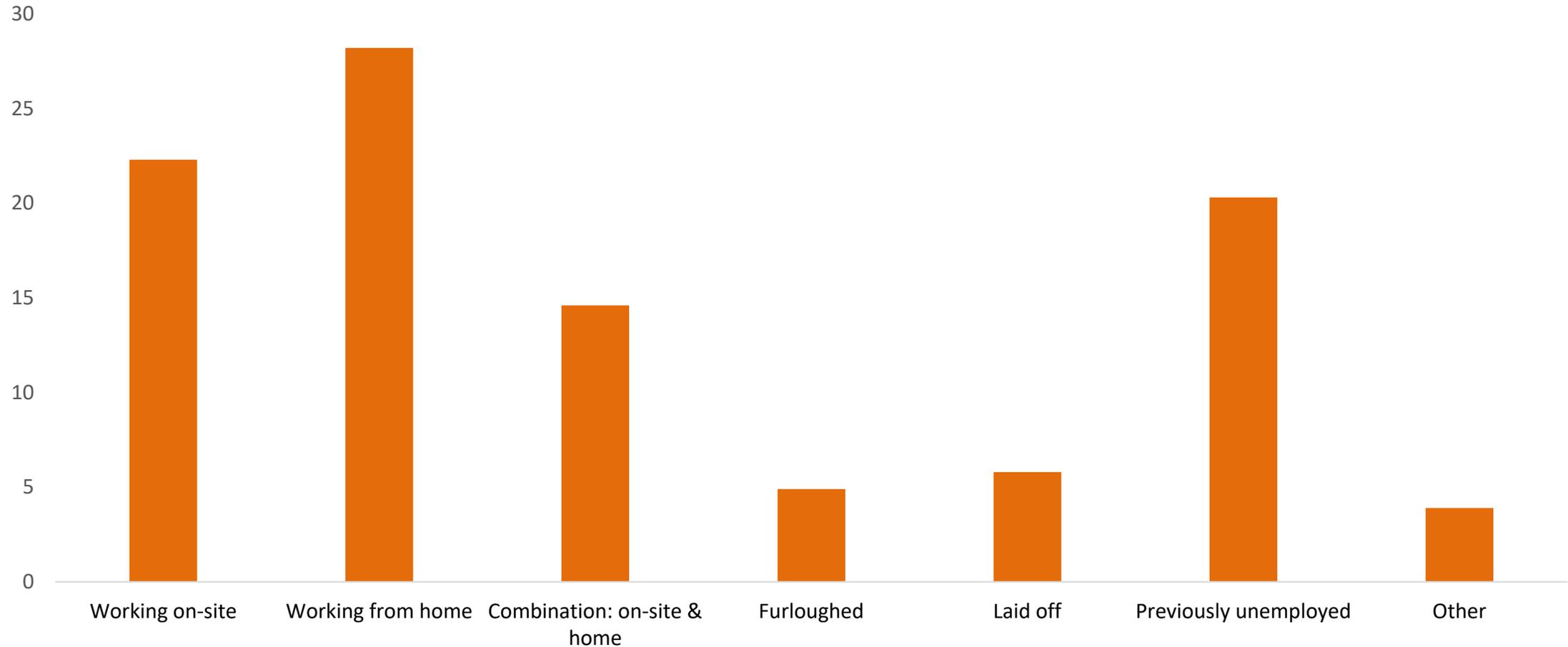


Who participated?

- 103 families completed the survey
 - 86.4% were mothers, mean age 38 years
 - 62.1% were married
 - 82.5% completed the survey in English
 - Average of 2 children living in the home
 - Mean age of children = 9.72 years (range 2-18 years old)
 - Primary method of communication at home
 - 89% spoken language
 - 2% sign language
 - 8% combination of spoken and sign language

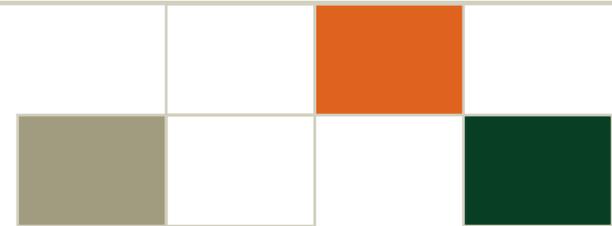


Parent Employment Status

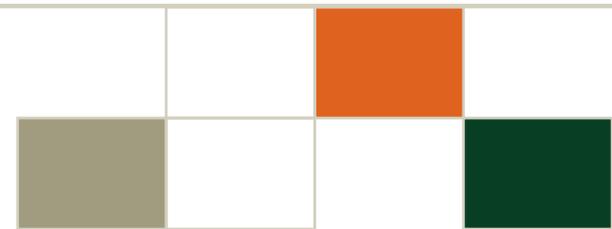
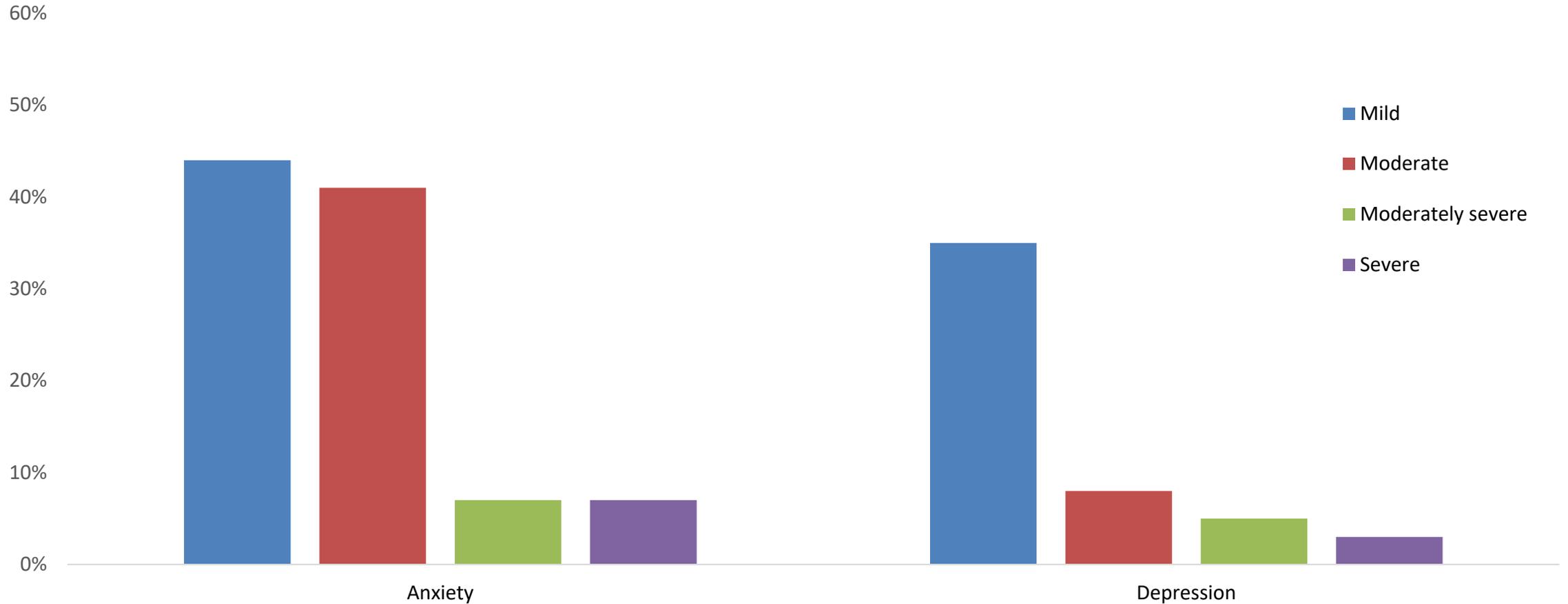


How COVID-19 has Impacted our Parents

- COVID has affected stress, parenting, and parent well-being
 - Caring for child with hearing loss: 34% reported that it was worse or a lot worse
 - Caring for other children: 30% worse or a lot worse
 - Parenting: 36% reported that it was worse or a lot worse
 - Eating: 60% reported that it was worse or a lot worse
 - Sleeping: 56% reported that it was worse or a lot worse
 - Mood: 56% reported that it was worse or a lot worse
- 50% of parents reported heightened levels of stress related to COVID-19

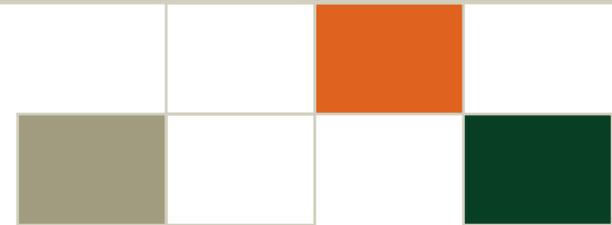
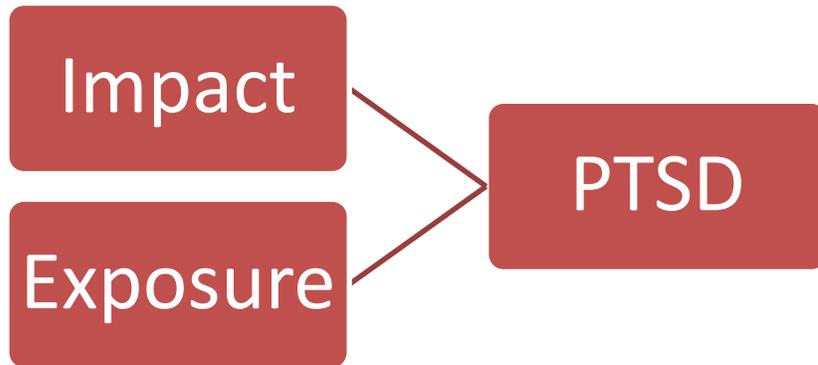


Parent Anxiety & Depression

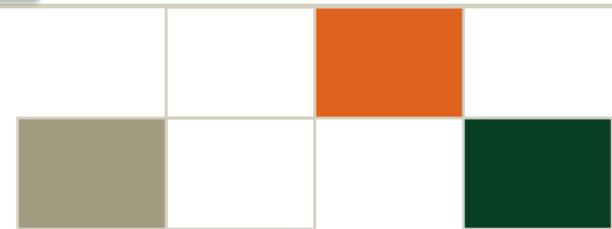


How much is too much stress?

- PTSD symptoms
 - 20% scored within the PTSD clinical concern range

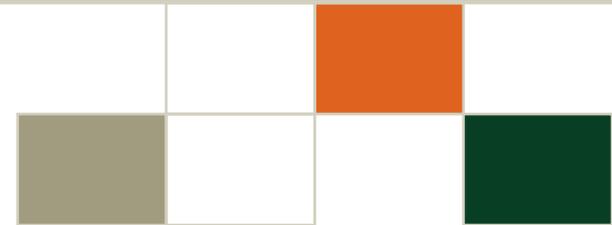


COVID-19 Exposure and Family Impact Survey (CEFIS)

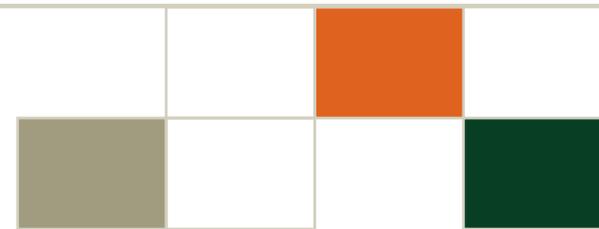
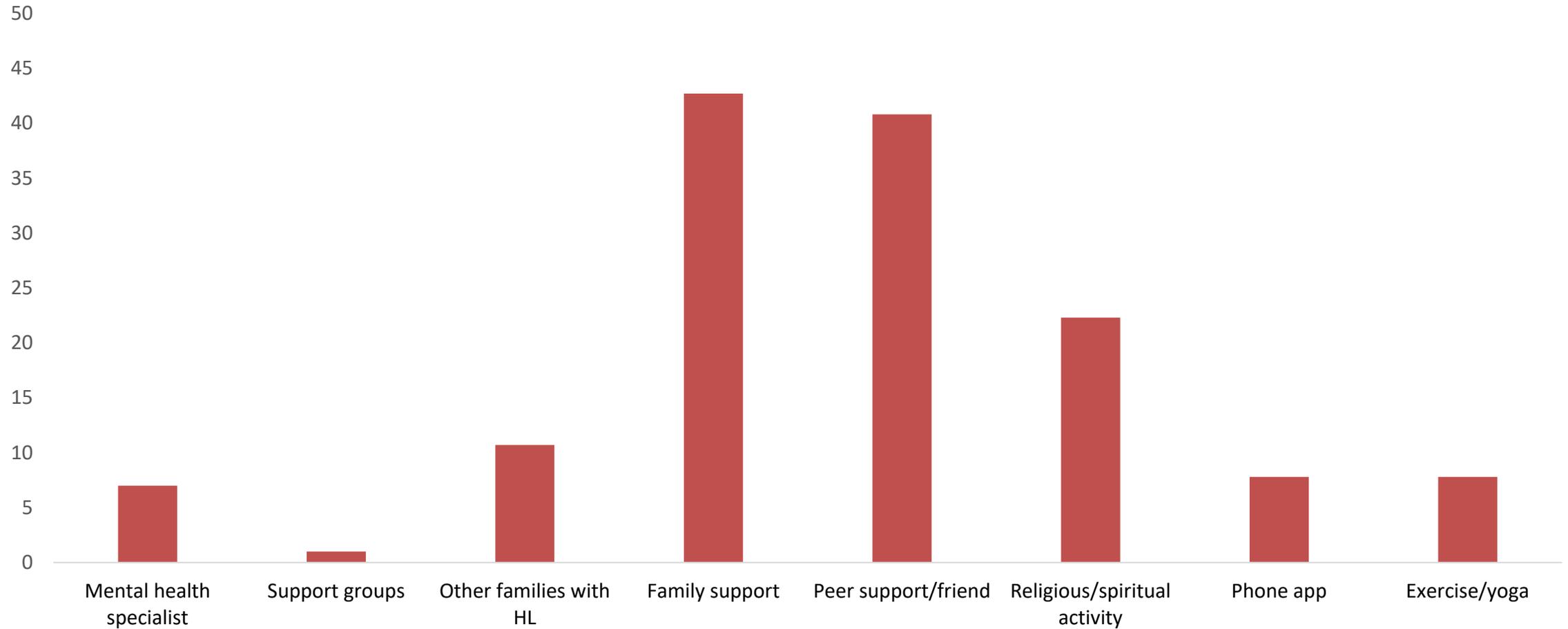


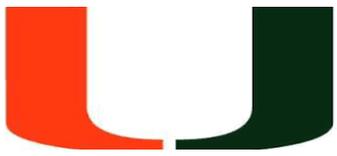
Stress Also Affects Parenting

- Parental Distress
 - Mean = 25.07 (range 12-50)



Parent Coping Strategies





Let's start with Screening
& Work Together

Assessment Tools/Screeners

- **Child**

- Behavior

- Behavior Assessment System for Children, Third Edition (BASC-3); (Reynold & Kamphaus, 2015)
 - Child Behavior Checklist (CBCL; Achenbach & Rescorla, 2000)
 - Vineland Adaptive Behavior Scales- Second Edition (Sparrow, Cicchetti, & Balla, 2005)

- Social

- Social Skills Improvement System (SSIS); (Gresham & Elliott, 2008)
 - Social Responsiveness Scale; (Constantino, 2005)

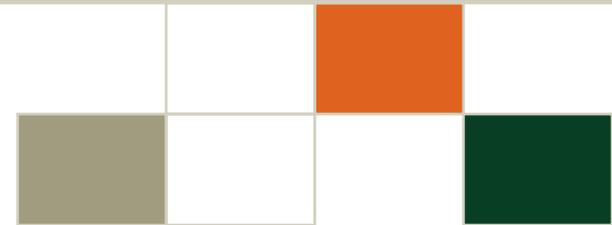
- **Parent**

- Emotional

- Generalized Anxiety Disorder 7 (GAD-7) (Spitzer et al., 2006)
 - Personal Health Questionnaire-8 (PHQ 8) (Kroenke et al., 2009)

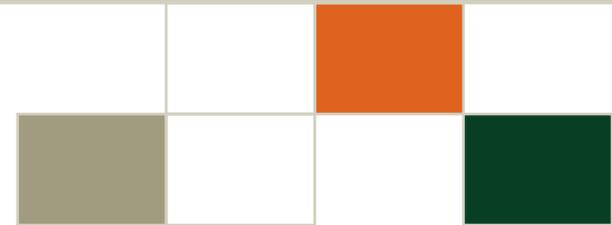
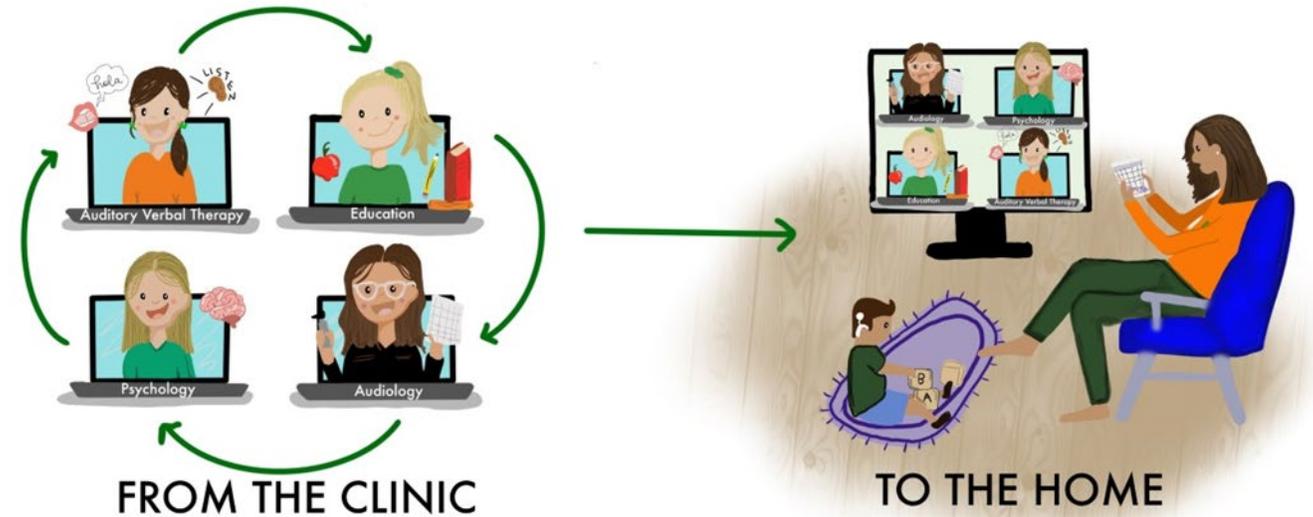
- Parenting

- Parenting Stress Index (Abidin et al., 1995)
 - Alabama Parenting Questionnaire (Shelton et al., 1996)



“We Are All in This Together”

- Multidisciplinary team
 - Early interventionists
 - Hearing health providers
 - Educators
 - Psychologists
- Check in regularly with family
- Use screeners
- Refer to psychology



Role of Psychology in Healthcare Settings



Psychologists provide mental and behavioral health services

Prevention
Address health disparities
Reduce psychological distress
Promote psychological wellbeing



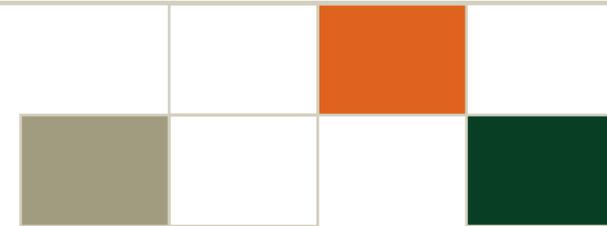
Psychologists often work in health and social care settings – interdisciplinary team



Psychologists work with people of all ages who experience mental health disorders



Psychologists assist in the diagnosis and treatment of individuals with chronic illnesses

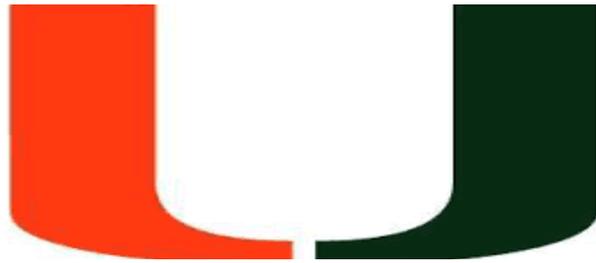


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Thank



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